


Ellington Senior Center Calendar

February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing 1:30pm Shaw's	EMAT APPTS Bridge 9:00am Dominos 1:00pm Book Club 2:00pm Setback 7:00pm Out To Lunch Somers Plaza (1pm)	EMAT APPTS HVCC Transit Tax Preparation 9:00am Podiatry Clinic 9:00am Ellington Singers 10:15am Shuffleboard 2:00pm Big Y/Geissler's	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Balance Presentation by Alcyone Brennan LMT (2pm)	EMAT APPTS Mahjonn 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 2/6/10 Setback @ 7:00
8	9	10	11	12
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing 1:30pm Musical Insights 6:00pm Shaw's	EMAT APPTS Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Skin Care & Health by Lynn Kisner RN Lunch & Learn (1pm) Geissler's	EMAT APPTS HVCC Transit Tax Preparation 9:00am Ellington Singers 10:15am Shuffleboard 2:00pm Big Y	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Better Age Club 1:00pm Volunteers Meeting (3pm)	EMAT APPTS Mahjonn 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 2/13/10 Setback @ 7:00
15	16	17	18	19
EMAT APPTS Senior Center Closed in Observance of Presidents Day	EMAT APPTS Bridge 9:00am Setback 7:00pm Social Security Extra Help Program (12:30pm) Lunch & Learn Shaws	EMAT APPTS HVCC Transit Tax Preparation 9:00am Ellington Singers 10:15am Shuffleboard 2:00pm Ellington Days For Mammograms Geissler's/Big Y	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Memory & Creative Writing 1:00pm	EMAT APPTS Mahjonn 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 2/20/10 Setback @ 7:00 p.m.

22	23	24	25	26
EMAT APPTS Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am Line Dancing 1:30pm Musical Insights 6:00pm Shaw's	EMAT APPTS Bridge 9:00am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm Life Line VNA Health Care Lee Almand (2pm) Geissler's/Big Y/WallMart East Windsor	EMAT APPTS HVCC Transit Tax Preparation 9:00am Ellington Singers 10:15am Shuffle Board 2:00pm	EMAT APPTS Sew & So/Crafts 9:30am Canasta 1:00pm Better Age Club 1:00pm	NO EMATS Mahjongg 10:00am Ballroom Dance 1:00pm Polka Social 2:30pm SAT – 2/27/10 Setback @ 7:00 p.m.
				*Note: Schedule subject to change without prior notice
Upcoming Activities		Monthly Features		Reminders
<u>Activities/Programs</u> Fall Prevention – 3/9/10 (2pm) Tax Preparation Program – 2/3/10 - 4/14/10 (9am-12pm) Human Services Department (Arbor Park). Sign-up required Positive Energy A “Supply Only Company” For Electricity – Tuesday, 3/23/10 (2pm) <u>Evenings</u> Cards: Setback – Tuesday & Saturday's (7:00p.m.)		Ballroom/Polka Social – Friday, Ballroom(1pm); Polka (2:30pm) Better Age Club – Meetings 2 nd & 4 th Thurs of month (1pm) Blood Pressure Clinic/Diabetic Screen –2 nd & 4 th Tues of the month (1:30pm) Book Club – 1 st Tuesday of month (2pm) Bridge – Tuesdays (9am) Ellington Singers – Wednesdays (10:15am) Exercise Classes – Mondays (9:00am) Line Dancing – Mondays (1:30pm) Mahjongg – Mondays (1pm); Friday (10am) Memory & Creative Writing – 3 rd Thursday of month (1:30pm) Musical Insights – 2 nd & 4 th Monday of the Month (6:00pm) Podiatry Clinic – 1st Wednesday of month (9:00am) Shuffle board – Wednesdays (2pm) Tai Chi – Mondays (10:30am-beginners) (11:30am-advance) Anna L. Turner, MSW – Elderly Outreach Social Worker		Transportation Line: 870-3137 Hours: 9:00 a.m. – 1:00 p.m. All Information for the upcoming newsletter needs to be into the Directors Office no later than 3/4/10

